

# PARENT TIP SHEET

## WHAT IS BULLYING?

It's what happens when someone repeatedly hurts or threatens another person on purpose.

Bullying comes in many forms — name-calling, leaving people out, spreading rumors or physically hurting someone. And it can happen in person, in writing, online, on cell phones, in school, on the bus, at home, anywhere. It is not a normal rite of passage, it has serious consequences and it's NOT acceptable.

## HOW DO YOU STOP IT?

Explain to your children what bullying is, and that it is NEVER acceptable. Express your concern and make it clear you want to help.

Teach your child how to take a stand against bullying. Identify trusted adults who can help and what to say when asking for help.

Talk to your child's teacher instead of confronting the bully's parents. If no action is taken, talk to the principal.

Teach your child nonviolent ways to deal with bullies, like walking away or talking it out. Role-play bullying scenarios with your child.

Help your child act with self-confidence. Practice walking upright, looking people in the eye, and speaking clearly.

Don't encourage your child to fight. He or she could get hurt, get in trouble or start more serious problems with the bully.

Involve your children in activities outside of school. This way they can make friends in a different social circle.

**STOP**  
**BULLYING**

**SPEAK UP**



Help your child learn how to prevent bullying by talking to them about the issue and encouraging them to **SPEAK UP**.

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